

Whole & Raw Food Fit Wellness Retreat *Seabrook Beach Oceanfront Sept 19 & 20*

with Susan Allison from Thoreau Foods

Day Rate
Just \$95

Weekend Agenda

**Single
Occupancy**
**\$250 all
inclusive**

- 9 - 10 am *Saturday Check in and Greetings*
 - *Green Drinks, Muesli and Fruit Served*
- 10:30 am *Your Choice of Seacoast Bike Ride or Beach Walk*
- 12:00 pm *Meet at Beach House for Socializing followed by Lunch*
 - *Optional: Hands on Lunch Prep*
 - *Chia Gazpacho Soup with Sprouts and Onion Bread*
- 1:30 pm *Demo - How to Open a Coconut and Uses of Natures Perfect Food*
- 2:30 pm *Yoga in The Great Room with a View of the Coast*
- 4:00 pm *Free Time to Walk the Beach, Swim in the Pool, Kayak, or Read*
- 5 pm *Dinner*
 - *Mock Fettucine Alfredo, Wilted Green Salad with Pine Nuts*
 - *Peach Pie with Fluff Topping*
- 7 pm *Seaweed Facials/Foot Baths & The Benefits of Seaweed Discussion*
- 10 pm *Lights Out*
- 8 - 10 am *Sunday Breakfast and Sprouting Demo*
 - *Sprouted Green Juice, Almond Sunflower Cereal, & Fresh Fruit*
- 10:30 *Beach Walk Yoga, Optional Resistance Band Exercises*
- 12:00 pm *Lunch, Optional Hands on Participation*
 - *Green Wraps with Mock Salmon Pate followed by Lemon Mousse*
- 2:30 *Extended Seacoast Bike Ride or One on One Demos and Q & A Time*
 - *Snack, Four Seed or Coconut Fudge Bar*
- 5:00 - *Goodbyes and Check Out*

Your Choice of a Single or a Double Room is Still Available
Register now online at www.thoreaufoods.com/rawfoods.html
or call Susan at 508-735-6057